



VIRTUAL LEARNING *Academy*

OCTOBER



2023



FROM THE PRINCIPAL'S DESK

We are off to a great start this school year. I hope everyone is enjoying the Fall weather we are experiencing this week. I love the Fall weather just as much as seeing all of our students on our Student Support Days. It is truly a wonderful experience to see students engaged with great hands-on learning and getting assistance in a small setting with our dynamic virtual teachers. Our students continue to amaze me with their work and growth. All parents/guardians should have a ParentVue account so that they can review their child's academic progress daily. Please contact the main office if you need assistance with your account.

Keeping a schedule is an important tool for the success of each student. Please make sure that your child has a schedule to help with their academic day. All assessments are required, so please check our testing calendar for updates. Please complete the Federal Survey Cards and return them before Friday, October 10th. I look forward to seeing you on Conference Night on October 19th from 4pm-7pm. Our VLA/PO Family Paint Night will be held on November 6th (in-person/virtual) This event was a lot of fun last year and I am excited to have it again.

October is Bullying Prevention Month and we are taking a STAND against bullying at the VLA/Point Option. We will continue to provide a safe and secure learning environment here at the VLA.

Thank you for your continued support at the best school in the Commonwealth...the VLA!

COUNSELING CORNER



Middle School

October is Bullying Prevention Month! Our October social-emotional learning (SEL) theme focuses on emotional regulation and responsible decision-making, tying into our students' anti-bullying pledge! Helping our students understand and manage their emotions is crucial in developing healthy coping strategies and stress management skills. Through activities like mindfulness practices and conflict resolution exercises, we aim to equip our students with the tools they can use to navigate challenges and make thoughtful choices in their actions and interactions with others.

If you have any questions or concerns, please reach out to the Elementary and Middle School Counselor, Mrs. Horrigan at leah.horrigansmith@nn.k12.va.us. Happy October!

ON THE CALENDAR

- Oct. 11: PSAT/SAT Testing @ Point Option
- Oct. 13: Federal Survey Cards due
- Oct. 16-19: VS Spirit Week (see page 4)
- Oct. 19: MS/HS Conference Night (4-7pm)
- Oct. 20: No school
- Oct. 23-27: College Application Week
- Oct. 25: Regional College Fair
- Nov. 6: End of first quarter
- Nov. 6: Family Paint Night



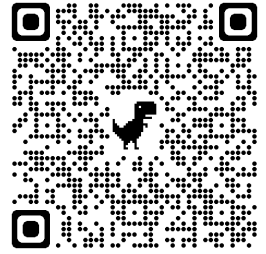
COUNSELING CORNER



High School

College Application Week is October 23-27!

- Opportunity for seniors to apply to participating Virginia colleges for free.
- School list will be sent the week prior.
- Students will need to notify Mrs. Speas what college waivers they need.
- COMPLETE applications MUST be submitted during application week window.



Email or schedule Zoom with Mrs. Speas for questions.

RESOURCES FROM MRS. SPEAS



- [Regional College Fair 2023 Flyer](#)
- [Senior Family Virtual Workshop \(Slide deck\)](#)
- [Junior Year At A Glance \(Slide deck\)](#)
- [9th and 10th Grade Virtual Family Chat \(Slide deck\)](#)
- [Financial Aid Workshop \(Slide deck\)](#)

STUDENTS OF THE MONTH!

Noah Shenk
6th Grade

Cameron Stevens
11th Grade

Journee Gilliam
8th Grade

Zach Davis
12th grade

REMINDERS

- Each week, VLA students have an opportunity to come to in-person support! We would LOVE to see you and support you
 - Middle School: Tuesdays 9:15-12:15 & High School: Thursdays 7:30-11:30
- Bring your Chromebook and charger whenever you are coming to Point Option. We do not have loaner devices.
- Check the announcements in your VLA @ Point Option Student Support Course! You don't want to miss important information!



VLA @ POINT OPTION
813 DILIGENCE DR #100
NEWPORT NEWS, VA 23606
PHONE: (757) 591-7408
NNSCHOOLS.ORG/VLA

FOLLOW US ON SOCIAL MEDIA!
@POINTOPTIONNPS
(FACEBOOK, TWITTER, AND INSTAGRAM)





Student Support



Mission

Student Support Services provides a safety net for students, ensuring that no one slips through the cracks. We understand that every student has their unique journey, and we are here to help them along the way.

Communication with Teachers

Effective communication with teachers is crucial for your success. We can guide you in establishing open and clear lines of communication with your teachers.

Time Management

We can help you create effective schedules and routines to maximize your productivity and ensure a healthy school-life balance.

Individualized Support Plans

For students who require more personalized attention, we develop individualized support plans to address their specific needs and goals.

Ms. Frazier

Student Support Specialist & Testing Coordinator
Jennifer.Frazier@nn.k12.va.us

POINT OPTION & THE VLA



SPIRIT WEEK | 2023

OCT
16

MUSICIANS
VS. ATHLETES



Barbie
VS. Ken



OCT
17

OCT
18

STRIPE VS.
TIE DYE



TWINS VS.
OPPOSITES

OCT
19

THERE WILL BE A VARIETY OF PRIZES
FOR THOSE THAT PARTICIPATE.